

CRM Outdoor Recreation Mountain Day Hike Trip FAQ's

“Man, some of these seem a bit insulting!” PLEASE bear with us, over the past decade the staff of the Outdoor Recreation Division has learned to take nothing for granted. Almost every item below has a story. The purpose is to provide as much information as possible to make sure everyone understands what to expect. We want to keep everyone safe and the group as a whole to have a great experience. Do not hesitate to ask (e-mail) more questions PRIOR to the day of the trip.

I may have certain concerns / health issues, should I go? Trips are planned for absolute beginners with no experience, assuming these beginners are in relatively good shape (should be able to walk 5 miles in Rocky Mount) with a positive attitude. We will be outdoors in the NC Mountains, please consider the weather. The hikes are steep, but well worth the effort. Individuals with specific health concerns should consult their doctor.

What hiking gear do I need and what should I wear/bring? Each participant should have hiking boots, a minimum of 2 water bottles and any snacks they prefer. A day pack, is recommended but not required. Remember to bring your camera. Prepare for weather conditions based on the forecast for the LOCATION OF THE TRIP, NOT ROCKY MOUNT and dress appropriate for the weather; bring an extra sweat shirt. Bring extra socks – take care of your feet!

What about meals? We will stop on the way for breakfast and on the return for supper, both will be fast food, individuals should bring cash for each. We will provide a simple lunch. Individuals with specific dietary needs should bring items to augment / replace meals.

What if it rains? We will cancel / postpone in case of severe weather, but may proceed with hit and miss rain. Typically these decisions are not made until the day before the trip. Anticipate the weather being much cooler than Rocky Mount.

This is a guided trip, do I have to stay with the group? Absolutely. The guide will lead the group, members are expected to stay with the group and follow the guides directions.

What other hazards should I expect? The very nature of the mountains that creates beauty, also creates potential hazards. Individuals are expected to demonstrate common sense concerning ledges, waterfalls and slippery areas near water. **Be respectful of gravity.** The trails are covered with roots and other uneven surfaces, watch your step and make sure you are in proper physical and mental condition prior to arriving the morning of the hike.

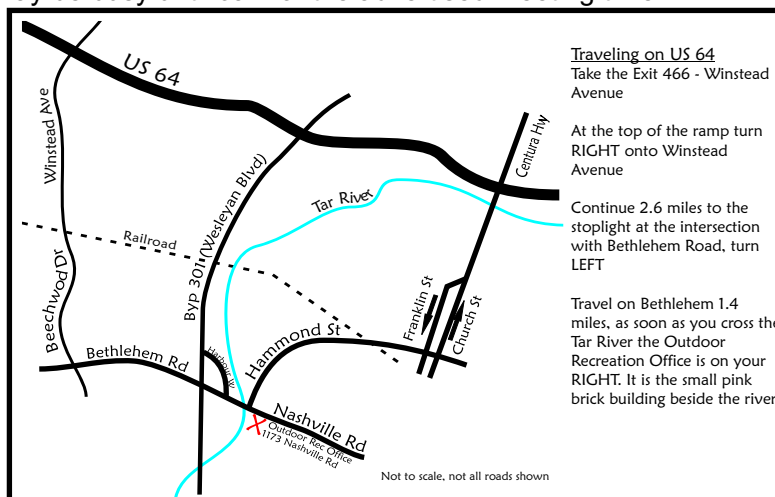
Restrooms? Not many. Please use the restroom before leaving home and at our meal breaks on the road. Otherwise expect pit toilets at best. Because of their wilderness designation, many locations have absolutely no restroom facilities - except trees and bushes.

Are we guaranteed to go to the areas advertised? The guide will make every effort to go to the areas advertised. Keep in mind unforeseen road closures are common. Also, if mountain tops are shrouded in clouds, we may go to alternate hikes with scenic views. If you signed up for a waterfall / mountain bald hike, we will make every effort to provide such hikes. We do reserve the option to move other such hikes in the area.

What else should I know? MAKE SURE you bring appropriate meds such as asthma inhalers, epi pens (bee allergy) etc. We will be outdoors and far from medical assistance.

I have a ton of questions, how do I get answers? Good! I like questions before the trip! The quickest way to get an answer is via e-mail david.griffin@rockymountnc.gov

Where will we meet? The Outdoor Recreation office (1173 Nashville Rd), the old Arts Center across from Edwards school. Please be on time, not late, not early. If you are early, please be mindful guides must prepare for the entire group and may not arrive or may be busy until 6am or the advertised meeting time.



**CITY OF ROCKY MOUNT – MOUNTAIN DAY HIKE PROGRAM
RELEASE, INDEMNITY, ACKNOWLEDGEMENT AND ASSUMPTION OF RISK**

IN CONSIDERATION of the participation of the undersigned in the Mountain Day Hike Program (the "Program") sponsored by the City of Rocky Mount, the undersigned, for myself, my heirs, executors, administrators, personal or legal representatives, successors and assigns, hereby agree to:

(i) RELEASE, WAIVE and FOREVER DISCHARGE the City of Rocky Mount, its elected officials, officers, employees, and agents (collectively the "City") from any and all claims, losses, damages, or liability (present and future), on account of injury to my person or property, including injury resulting in my death, arising out of, or in any way connected with, my participation in the Program, including, without limitation, to the extent permitted by law, any claim, loss, liability, or damage related (directly or indirectly) to acts or omissions (negligent or otherwise) of the City; and

(ii) INDEMNIFY, DEFEND and HOLD HARMLESS the City from and against any and all claims, losses, liability, and damages (present and future) and all cost, charges, and fees (including reasonable attorneys fees) related thereto, arising out of, or in any way connected with, my participation in the Program, including, without limitation, to the extent permitted by law, any claim, loss, liability, or damage related (directly or indirectly) to acts or omissions (negligent or otherwise) of the City.

I understand that participation in the Program involves the risk of injury or death, and by executing this Release, Indemnity, Acknowledgement and Assumption of Risk (this "Release"), I acknowledge and assume all risk of injury or death resulting from participation in the Program.

I further agree that if any term or provision of this Release, or the application thereof, to any person or circumstance shall, to any extent, be deemed invalid or unenforceable, the remainder of this Release, or the application of such term or provision, to person or circumstances other than those to which it is held invalid or unenforceable, shall not be affected thereby, and each term and provision of this Release shall be valid and enforceable to the fullest extent permitted by law.

I have carefully read this Release and have executed the same voluntarily adopting the word "SEAL" after my name as my seal.

THIS DOCUMENT RELEASES YOUR RIGHT TO MAKE A CLAIM IF THE PARTICIPANT HAS AN ACCIDENT OR IS INJURED DURING THE PROGRAM. DO NOT SIGN IT UNLESS YOU HAVE READ IT AND UNDERSTAND IT FULLY.

Participants should notify staff of any relevant needs, conditions or allergies prior to the outing. Participants should bring proper medications related to specific conditions or allergies.

Pictures or video clips may be taken while participating in City of Rocky Mount Parks and Recreation programs. If you do not concur, please contact the Parks & Recreation Department at 972-1151.

_____(SEAL)
Signature of Participant

Name (print)

_____(SEAL)
Signature of Participant Parent
(If participant is a minor)

Name of parent (print)
(If participant is a minor)

Address

City

Zip

Telephone

E-Mail

Would you like to be added to the Outdoor Rec. mailing list? ___ No ___ Yes

Office use only
NP _____ AML _____ AEML _____ A/I _____ DOT _____ R _____ C/C/CC _____